



# Swine Flu and H1N1 Influenza

**100 E. Cotton St.** | [Click here for map](#) [1]

[Fire Department \(Non Emergency\)](#) [2]

In light of the situation concerning Swine Flu (H1N1), Longview and Gregg County officials want to reassure the public to remain calm and follow guidelines provided by health officials. Currently the situation in our area is not unlike what is seen in a normal flu season. Local entities are working together to provide a unified response and have been actively involved in planning and conducting emergency preparedness drills for many years.

Citizens are reminded that panic can cause undue stress on emergency health systems and hospitals. Please use good judgement when accessing these facilities. Also, please stay informed through local hospital, city and school websites.

Below you will find some general information concerning symptoms, prevention methods, and appropriate response. Also, please see the links on the right side of this page for other flu-related information provided by county, state, and national resources.

## Symptoms

If you are experiencing influenza-like symptoms, contact your healthcare provider or seek medical advice from an area health clinic.

These symptoms include:

- Fever
- Body Aches
- Runny nose
- Sore throat
- Nausea
- Vomiting/Diarrhea

It is strongly urged that patients do not go to the Emergency Room unless they are experiencing severe signs of illness which include:

## Severe Symptoms in Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

## Severe Symptoms in Children

- Fast breathing or trouble breathing
- Bluish skin color



- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

### **Precaution**

What to do as a precaution?

1. Cover nose & mouth when coughing or sneezing
2. Wash hands often
3. Avoid touching eyes, nose and mouth
4. Avoid close contact with sick people
5. If you are sick, stay home from work or school and limit contact with others to keep from infecting them
6. If you own a business or operation in a public place, take time to disinfect hard surfaces such as tables, doorknobs, etc.

### **Additional Resources**

Texas Department of State Health Services: 888-777-5320

Good Shepherd Healthy Hotline: 903-315-4747

[Gregg County Health Department Flu Website](#) [3]

[Flu Checklist - Red Cross](#) [4] (pdf/244k)

[Department of State Health Services Issues ER Use Guidance](#) [5]

[DSHS H1N1 Return to Work and School Guidelines](#) [6]

[Centers for Disease Control H1N1](#) [7]

Please see helpful external links on right side of this page.

**For more information call: 903-237-1210**

| [Contact Us](#) [8]

**Source URL:** <http://fire.longviewtexas.gov/swine-flu-and-h1n1-influenza>

### **Links:**

[1]

[http://www.google.com/maps?f=q&source=s\\_q&hl=en&geocode=&q=100+E.+Cotton+St.++longview,+tx&sll=32.490343,-94.743597&sspn=0.008398,0.01929&ie=UTF8&hq=&hnear=100+E+Cotton+St,+Longview,+Gregg,+Texas+75601&ll=32.4938,-94.740407&spn=0.008398,0.01929&z=16](http://www.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=100+E.+Cotton+St.++longview,+tx&sll=32.490343,-94.743597&sspn=0.008398,0.01929&ie=UTF8&hq=&hnear=100+E+Cotton+St,+Longview,+Gregg,+Texas+75601&ll=32.4938,-94.740407&spn=0.008398,0.01929&z=16)

[2] <http://fire.longviewtexas.gov/service/fire-department-non-emergency>

[3] <http://greggfluinfo.com/>

[4] [http://fire.longviewtexas.gov/sites/default/files/files/fire/flu\\_checklist\\_red\\_cross\\_4801.pdf](http://fire.longviewtexas.gov/sites/default/files/files/fire/flu_checklist_red_cross_4801.pdf)

[5] <http://www.dshs.state.tx.us/news/releases/20090505.shtm>

[6] <http://www.hhs.gov/news/press/2009pres/05/20090505a.html>

[7] <http://www.cdc.gov/h1n1flu/>

[8] <http://fire.longviewtexas.gov/services-contact#fire@longviewtexas.gov>